



IMPACT YOUR SENSES



Smell

Smell is a very strong sense. The smell of food can often make you feel happy. It can also tell you if food is bad. Different foods have different smells. Smell like Idaho potatoes and apples? They smell good. Pay attention to how the food you eat smells. You might like it more!



Eating Idaho Foods is a great way to wake up your five senses. The five senses are:



There are five senses. Sight is the sense of seeing. It helps you know what things look like. Different foods look different. Pay attention to the colors of the food you eat. You might like it more!



Touch is the sense of feeling. It helps you know what things feel like. Different foods feel different. Pay attention to the texture of the food you eat. You might like it more!



Hear

Hearing is the sense of sound. It helps you know what things sound like. Different foods make different sounds. Pay attention to the sounds of the food you eat. You might like it more!



WITH IDAHO FOODS!



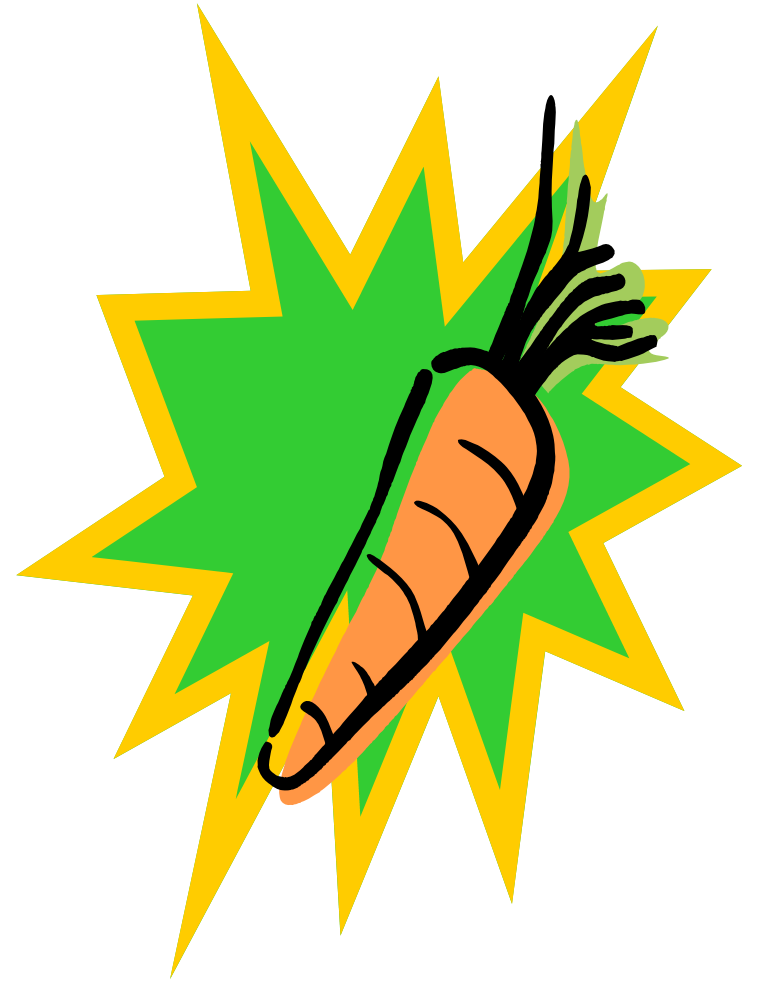


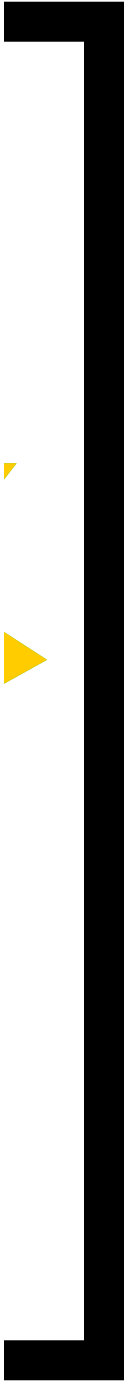
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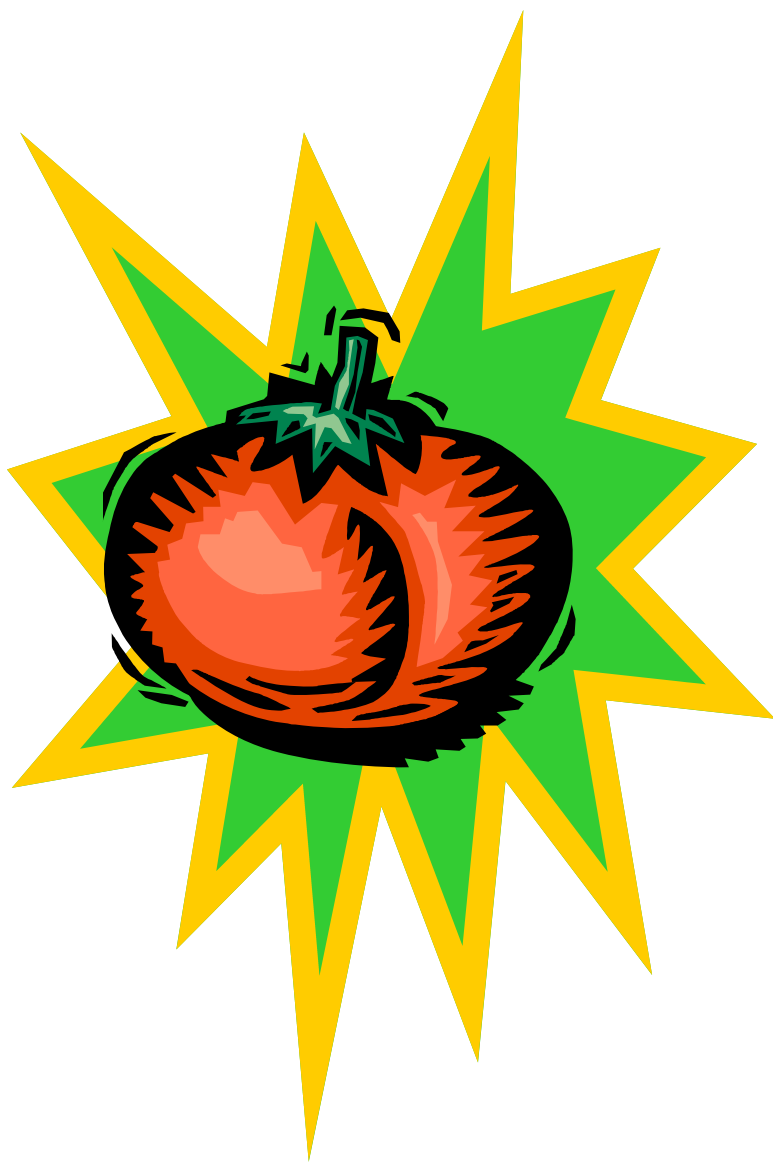
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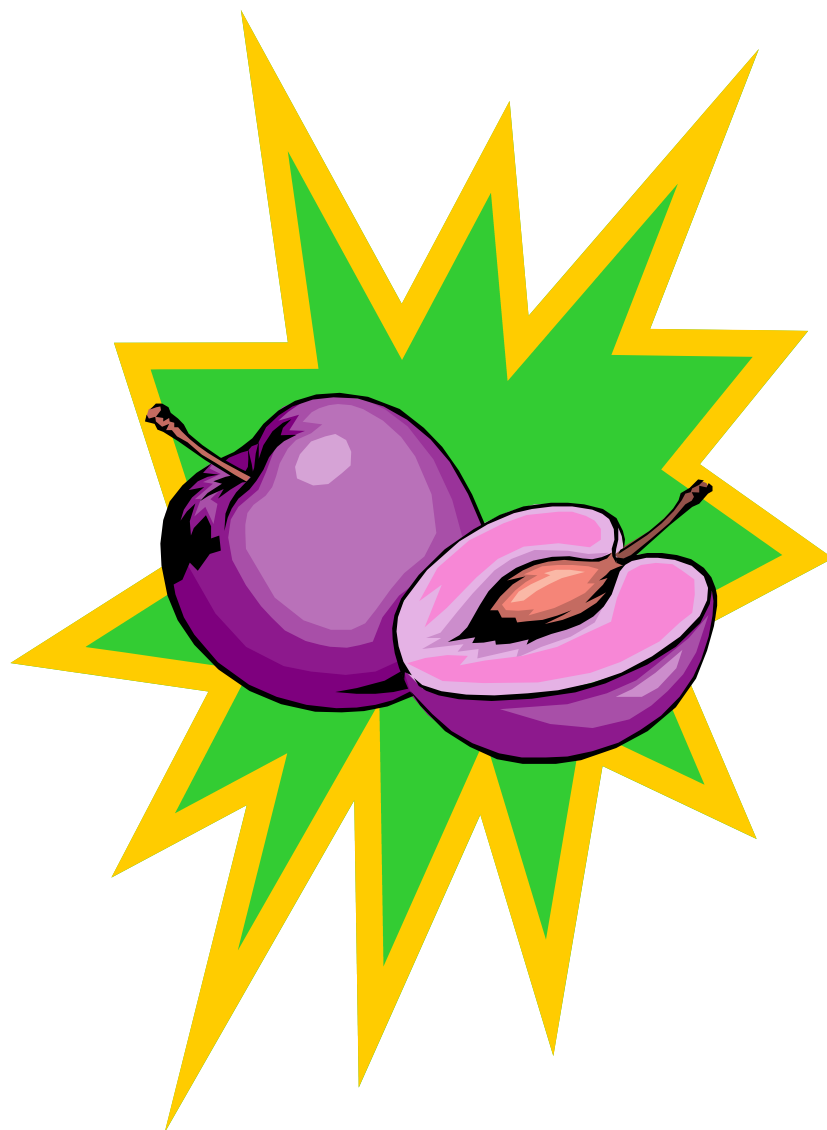


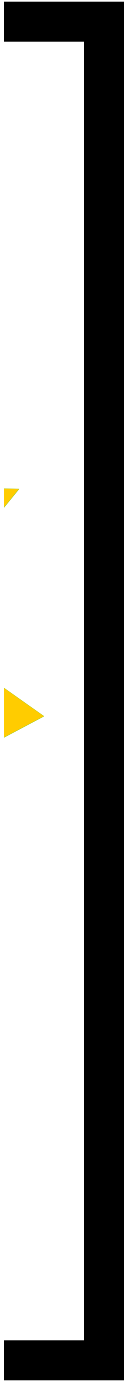
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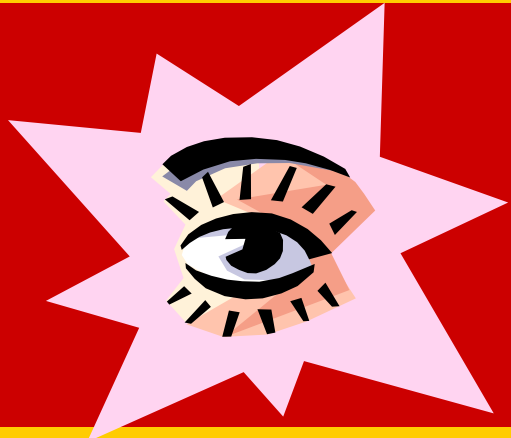
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**Eating
Idaho Foods
is a great
way to wake
up your five
senses.
The five
senses are:**

Sight

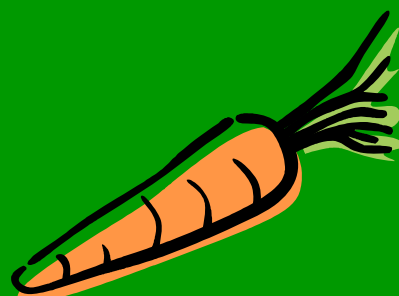




Smell



Hear



Touch



Taste







How your food looks makes a big impact on how much you will enjoy eating the food. Meals that are colorful usually look better to eat than ones that are plain and boring. Try different fruits and vegetables from Idaho that are bright in color, like apricots and radishes to make your meal brighter and more fun to eat!

Next time you eat a meal pay attention to what different foods sound like as you are eating them. Raw Idaho carrots tend to make a crunching noise as you bite into them, where as an Idaho blueberry may make a squishing noise as you bite into it. So pay attention to the noise that you make while you eat, but try not to be too loud. You might bug your family and friends!

Different people like how different foods feel as they eat them. The difference that you experience as you eat different foods is due to the texture of the foods. Many different Idaho foods have different textures. Potatoes can be soft and creamy if they are mashed, or crispy and crunchy if they are a French fry. Try eating different Idaho foods, cooked different ways, to see what texture you like the best!

Smell is a very strong sense. The smell of food can either make you feel more hungry if you like the smell or lose your hunger if you don't like the smell. Different Idaho foods smell different too. Foods like Idaho strawberries and raspberries smell sweet. Cooked spinach and asparagus smell very strong. Pay attention to how the foods you like to eat smell to see which ones you like and which ones you don't.

The sense of taste is the most impacted sense when it comes to eating. Most people determine whether they like a food or not by how it tastes. There are many different tastes that you can find in Idaho foods. Whole wheat bread definitely tastes different than lettuce. Try to be open to tasting different foods often. Your taste changes as you get older and you may actually like the taste of food you didn't before.

